



## *Try it Tuesday: Cauliflower*

Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go: Cook, Sous Chef, and Head Chef. Give it your best shot and be sure to share your picture on Facebook, Instagram, and Twitter. Tag @CHEFSanAntonio and we just might share your photo!

### **Cook Challenge:**

Try cauliflower: fresh or even frozen (cauliflower rice). Share a picture or video of you trying the food and challenge friends on Facebook, Instagram, or Twitter to do the same. Be sure to tag @CHEFSanAntonio!

### **Sous Chef Challenge:**

Choose one of the CHEF recipes below and make it with your family! Share a photo of the recipe on Facebook, Instagram, or Twitter and tag @CHEFSanAntonio!

Coconut Lime Cauliflower Rice: <https://bit.ly/2RJzL2K>

Vegetables with Herb Dip: <https://bit.ly/2RHadTy>

### **Head Chef Challenge:**

Create a recipe on your own using this week's new food, cauliflower. Share your recipe and photo on Facebook, Instagram, or Twitter and be sure to tag @CHEFSanAntonio for a chance to be our featured CHEF of the week!

[chefs.org](http://chefs.org)

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